The pleasures and benefits of country life are numberless, but it also has its trials and tribulations; some of the latter are due to the delinquencies of the village market man or peripatetic butcher. Good beef is especially difficult to be had in the country. All one can do is to take what is brought and be duly thankful if it prove a tender roast or juicy steak. In this respect city housekeepers enjoy superior advantages over their country sisters, yet are often equally uncertain of success in rketing, because of inabilily to recognize the quality of uncooked meats. Trusting entirely to the butcher he soon distinguishes among his customers those who can be put off with inferior grades of meat, and saves the best pieces for the buyers who will be satisfied with no other. A little study and observation will readily enable the housekeeper to know the characteristics of good meat, and also to recognize the

Good beef will be a bright red color, fine-grained and tender to the touch, with the fat a clear straw-color, and a with the lat a clear straw-color, and a little of it through the muscles, giving the meat a marbled appearance. The suet should be dry and crumbly, of a darker shade than the fat, and sufficient in quantity to well fill the under side of the loin, especially the thin end. If the beef is a pale dull color and flabby, it is not well matured; if very dark colored and coarse-grained with deep yellow fat, it will be found tough and tasteless, and if it bears greenish tints and feels slippery on the surface, it is already stale and unfit for food.

The best pieces for roasting are the sirloin, tenderloin and second and third rib cuts. The latter may have the bones removed by the butcher and be rolled and skewered before roasting, which is much the most economical and convenient way of serving. The bones may do duty to the soup-kettle. Many persons think that the sweetness and goodness of the meat is impaired by removing the bones before cooking, and prefer that they should be taken only from the thin end, when that can be simply fold-

well as one of the most easily-digested of meats, and therefore particularly well adapted to invalids. It is not the most economical, as there is a great deal of waste in so much fat, and lean mutton is not good, being generally dry and tough. In choosing mutton particular attention should be paid to the appearance of the fat. In the best it will look white and clear, and the lean will be firm, juicy and dark red. If the meat is indifferent the fat will be yellow, the flesh flabby and coarse-grained.

The saddle and shoulder of mutton are the best for roasting; they are improved by hanging for some days before cooking, as the "sheepy" taste is lost by exposure to a cool, clear air. The leg of mutton, unless very tender, is better for boiling, and may be cooked when quite fresh. The leg may also be cut for broiling, but although more economical. broiling, but although more economical, these cutlets are much inferior to chops from the loin or ribs. Good broth and stews may be made from the breast, scrag or flank, always being careful to remove the fat before serving.

Veal, though a favorite meat, is not considered wholesome, and its selection requires discrimination. Much of the veal to be found in market is not good, and nothing can be more indigestible or unwholesome than inferior or stale veal. Good veal will be fine-grained, tender and white, but not too white, else it will show that the calf has been bled before being slaughtered; that would detract from the flavor of the meat. The fat should be firm and white, and the calf at least four weeks old when killed.

Younger than this veal is unfit for food.

In spite of the prejudice existing against this animal, from mock-turtle soup, down through the bill of fare to calves'-foot jelly, it furnishes the material for many distributed. rial for many dainty dishes. From its head to its feet it can be utilized. The loin of veal is best for roasting; the leg furnishes the fillets and cutlets; the knuckles make a good soup, while from any portion of the fore-quarter may be made stews, fricandeaus and soups.

The sweetbreads are especially delicate, that nearest the heart being the best. The head, if nicely cleaned, makes a delicious mock-turtle soup. It should be dressed and cleaned the same as pig's feet, that is with the skin left on. The feet may be cooked with the head, or made into a jelly. The tongue is excellent pickled, and the brains will make the most delicious of sauces. The liver is the best of all animal livers, as are the kidneys .- Prairie Farmer.

Home Thoughts.

Living for appearances is a sorry kind of life. The closet door is sure to be left open some time and betray the disorder which is banished from the sitting-room. The young lady who puts the most of her wardrobe in quality on the outside, and leaves the is a great big man and baby a lit twenty-four hours on a large quantity underclothing untity and disordered, girl."—Cor. N. Y. Post. water, in a vessel perfectly free from will come to some unfortunate revela-tion, and the pins which take the place of the stitches which are unfairly put

Many a pain-wearied woman will suffer tone were heard with state and the state of t move about the room to attend to her wants. "I believe I am sinking away into death," a very sick woman once though living in a cold climate, are said to herself, "but I would rather said to herself, "but I would rather go gently than call anyone and hospitality.

—The Swedes and Norwegians, allow into over that. If the stains ger, benzine must be used, apply in a circle round the stain befurching the stain itself.

unconsciousness sunk away ones to the inmended her loved ones to the Jer. Brought back to life again, the thing which impressed itself upon hers the harsh grating of a distant stab por. Happily for her the hush of grant and the life has been distant to the hush of grant and the life has been distant stable of grant and the life has been distant and the life has the hush of greeace was over all the house, and the hd of the door did no more mischief t to impress itself on her mind her mind.

A father who is re attentive in offering the small cosies of life to other ladies than to hife may expect his sons to be more ite to other boys' sisters than his o And the boy who at home passes in nt of his mother and sister, fails tove them comfortable chairs, and at home table cares first for his own b, will sometimes slip and give his ty a sad fall in company. Good there that do not become habits are to be depended on. It is hard for a there to require on. It is hard for abther to require of her boys a defere courtesy which should be the found of a gentlemanly behavior. Should see to it that the children hon heir father; it is the father's business see that the mother is treated with ention. If the father does not do it mother must, for the sake of the fu wife of her son, smother her senseness and enforce politeness toward reelf.—Christian Union. tian Union.

Value of Path

The patience of a moths a growth, a development, just as ly as a language is. Many a you nother has found with surprise and tiving that she is deficient in the qua which she somehow expected would me to her with her baby; she fea hat she is lacking in the true spirit ch moves and controls motherhood he thinks there must be something rally wrong there must be something radly wrong in her nature when she fi that the mother's arms which are I by the poet to be made of tendern re made of muscles that tire and ach the child lies within them, and that theight of a little head upon her breas not always easily borne. She es she dared ask some older mother she too were ever tied of holding he by; if she too feels once in a while if she It is an acknowledged fact that good mutton is one of the most nutritious as would give anything she poses for one night of the sweet, untrou sleep of her girlhood; but she darsk no one, for more than anythinge she dreads to be thought an tural mother. It would help her some wise woman, knowing her hea could say to her: "You are tired; nomes the reaction from the strain of b and mind which new duties have ight upon you; the day is not distathen you will feel different about all and she might be able to give the ear meaning of the injunction to "patience have her perfect work," telp her see that patience is not an amplished fact, something that only cherish the belief that in man the irritating and querulous comples of a child grow out of some inner tr which you do not comprehend. a poor child has been ped and sent to bed, and

looked upon as a transgressor of moral law, when he was suffer from indigestion. Children are s times so filled with pain that they not fix their minds upon the caus point it out, and so are punishe ugliness when they are already suffe as much as they can bear. What der that we see so many abnormal c acters, so many men and women seem wharped and twisted out of proper form, when we consider the construction to which they have subjected as children? Two ladies one day walking down the street w little boy of three years. He was tainly a very naughty boy. He c every time his mother held his h close to hurry him along as he lag behind he cried out in an unbecon manner. His mother was impati and said to him, "You know I ne whip you unless you are a very naug boy, but I think I must when we home, you behave so badly." The c cast his eyes imploringly up at her cried on. She discovered by and by his hand felt hot and feverish in own, and looking down at it saw one of the boy's finger nails was torn and was hanging by a little thread flesh. Every time she had taken hand she had tortured him, and he suffering so intensely that it never curred to him to explain that as cause of his misdeeds. That moth heart sank within her, and she felt t no sermon had ever preached so lou to her of the beauty and value of tience. We need to use very carefu our power over our children, and often render ourselves liable to repros es such as a father received a few d

Arctic Phenomena.

HOME AND FARM.

he most successful breeders of horse, cattle and swine know from experince that although they may pos-sess he best breeding animals, they will not e successful in producing superior stoc if a continuous growth of the your animal is not kept up.

tale Bread Fritters.—Stale bread cut i thin slices and put to soak for several ours in cold sweet milk. Then fry in seet lard, or butter the slices and fry tem, and eat with sugar, molasses, or asweet sauce. To make it more delicateremove the hard crust before us-

pudding made after the wellknorn recipe for cornstarch blancmarre is made delicious and rich by adding two tablespoonfuls of grated choolate to the cornstarch before it is cooled. Make a thin custard and pour ove the pudding. This is easily made, is nurishing and is not indigestible.

Oatmeal Gems .- Mix a cup and a half of oatmeal, half a cup of corn-meal anda cup of flour with two cups of sour mil; add a tablespoonful of shortening, twoof sugar, a teaspoonful of salt and aspoonful of soda dissolved in a tabespoonful of boiling water. Heat themussin tins and bake in a hot oven.

Not a single horse, cow, sheep or hot should be kept on the farm this wilter that has not a shelter to keep it confortable. If this shelter has not yet been provided, lose no time in making other is the portion of our very make .it. Enough food will be saved in a single winter to make the shelter. Thou-sands of domestic animals die every winter that would survive if comfortable quarters were provided.

-Dr. Leidz, of Philadelphia, one of the greatest living authorities on all subjects relating to parasitic entozoa, says that with meats properly cooked there can be no danger of injury from trichine. But he also says that he is uncertain how far salting and smoking meats will secure complete exemption from parasites, although in all cases in which he has had an opportunity of examining meats prepared in this way and containing parasites they were always dead. Thorough cooking is doubtless a certain preventive against injury from all entozoa of a similar nature to the

trichinæ. -A delicious pudding, so light as to be sometimes called "puff pudding," is made thus: Measure eight tablespoonfuls of flour, put it in an earthen dish and warm it in the oven, then stir in one pint of sweet milk, three well-beaten eggs, one teaspoonful of salt; beat the yolks and whites separately. Take six or seven teacups and butter them well, and fill about two-thirds full of the mixture. Bake in a "quick" oven for twenty minutes. For the sauce have one cup of hot water, six tablespoonfuls

-Harness taken from a horse's back and thrown in a corner, or hung up without attention soon decays and becomes useless. If it is hung up care-lessly from rain or sweat, the leather dries into a twisted and wrinkled condition, and forcing it back into its original form only breaks the leather or strains the stiching. Then, too, without care the harness becomes brittle under the influence of ammoniacal exhalations of the stable. The best and only preven-tive against these evils is to keep the harness thoroughly clean and well charged with oil and grease. A little glycerine added to the grease applied will be found a great help in keeping the harness in a soft and pliable condi-

-How to Cook Cauliflower .- Unless carefully cooked, a cauliflower is a tasteless vegetable, but with a properly prepared sauce it can be made a delicious addition to every dinner table. Wash the flower well in strong salt and water. Then tie in a floured cloth and boil for forty minutes, putting it into salted boiling water and keeping it in the boil all the time. Dish into a deep vegetable dish and pour over it a sauce made with one-half pint of sweet milk, boiled with half a small teacupful of water the cauliflower was boiled in. Stir to a thin paste with cold water a small teaspoonful of cornstarch; add to the boiling milk and water. Put in a piece of butter as large as an egg and one teaspoonful of sharp cider vinegar; stir till the butter melts. Pour over the cauliflower and serve at once. There are very few palates that will not be pleased with such a succulent dish; if there is any left, chop it up with as much cold boiled potato and serve very hot with the sauce mixed in it for break-

Cleaning Old Engravings.

ago from his two-year-old daught. If brown spots and rings of milde "Papa must not shut baby up in have not made their appearance, flow bedroom when she is naughty, for paths engravings face downward for the contract him man and below a line of the contract him man and below a line water, in a vessel perfectly free from grease and soil of all kinds. Lift from the water on a clean sheet of gla Arctic Phenomena.

If rom the water on a clean sheet of glass, drain, transfer to blotting-paper with ween two mountains at Plover Barblotting-paper, dry, rub with bread as another, noticed by our sledge party is done in drawings, and iron. If the same to spur to good cares of the outside. It is either a brave or a perfect housekeeper who fears no prying eyes. A story is told of a Portuguese family who daily set out a beautiful dinnertable whe is visitors would see it; but the pretty ware and napkins were never used, for the family ate their plain fare from a common dish in the kitchen. Such conduct reminds one of the ostrich who foolishly imagines the world sees only what he chooses to show.

It is impossible for a person in sound health to appreciate the torment that an invalid feels from noise. The slamming of the from door will make the invalid feels from noise. The slamming of the from door will make the invalid feels from house were vere the there of a sick person quiver even though he may be in the upper story though the condition of the condition of the voice allow color. Then dry between the intended to the provided the provided the provided the provided the provided the provided the provid drain, transfer to blotting-paper wit in a circle round the stain before BACON-Clear Rib......

The Marriage Life.

The marriage life is always an insipid, a vexatious, or a happy condition. The first is when two people of no genius or taste for themselves meet together upon such settlement as has been thought reasonable by parents and conveyancers from an exact valuation of the land and cash of both parties. In this case the young lady is no more regarded than the house and improvements in purchase of an estate; but she goes with her fortune, rather than her fortune with her. These make up the crowd, and fill up the lumber of the human race, without beneficence toward those below them, or respect to those above them. The vexatious life arises from a conjunction of two people of quick taste and presentment, put together for rea-sons well known to their friends, in which especial care is taken to avoid what they think the chief of evils, poverty, and insure to them riches, with every evil besides. These people live in a constant constraint before company. When they are within observation they fret at each other's carriage and behavior; when alone they revile each other's conduct. The happy marriage is where two persons meet and voluntarily make choice of each other, without principally regarding or neglecting the circum-stances of fortune or beauty. These may still live in spite of adversity or sickness; the former we may, in some measure, defend ourselves from; the Sir Richard Steele.

By actual merit the famous substance, St. Jacobs Oil, has steadily won its way until it is to-day the National remedy for rheumatism. Lawyers, physicians, clergymen-all use it .- Cincinnati (Ohio) Daily Enquirer.

Some one says that Hod Fellows are not Masons, although approaching them in their work.—N. O. Picayune.

THE Pittsburg Sunday Lader quotes: Mr. Martin Rarg, Silver Creek, Minn., cured a badly wounded horse with St. Jacobs Oil.

THE proprietor of a cotton-mill put this notice upon his factory gate: "No cigars or good-looking men admitted." In explanation he said: "The one will set a flame going among my cottons, and t'other among the gals. I won't admit such dangerous things into my establishment. The risk is too great."

"Became Sound and Well." HATCHER'S STATION, Ga., March 27, 1876.
R. V. PIERCE, M. D.: Dear Sir:—My wife, who had been ill for over two years, and had tried many other medicines, became sound and well by using your 'Favorite Prescrip-tion.' My niece was also cured by its use, after several physicians had failed to do her any good. Yours truly, THOMAS J. METHYIN.

BEFORE marriage she was dear and he was her treasure; but afterward she became dearer and he treasurer.

Young MEN, and middle aged ones, suffering from nervous debility and kindred weaknesses, send three stamps for Part VII of Dime Series Books. Address WORLD'S DISPENSARY MEDICAL ASSOCIATION, Buffalo, N. Y.

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